

AMERICA'S STERN NEW JUDGE {page 15}

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JEREMY SPARIG/METRO

► Estimated 1,000 digital startups
launched in NYC in past five years
► Hub of city's booming tech sector on
Fifth Avenue in the Flatiron District {page 02}

TECHS IN THE CITY

► Meetings are held on bean bags at the 22nd Street offices of Divide, which lets users switch between work and personal profiles on their phones.

Metropolitik

Author claims Obama tried to bribe pastor

► Book says Rev. Wright was
offered \$150K to stay silent
► But writer Ed Klein has
history of disrepute {page 08}

Pettitte shaky in comeback

Yankees legend
disappointed
in his return
to mound post
retirement
{page 20}



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In the news

15-year-old dies after fall into East River

A 15-year-old boy died Saturday night after falling into the East River, police said. Officers pulled Justin Smith, from the Upper West Side, out of the frigid water at FDR Drive and East 105th St. after receiving a 911 call at 8:15 p.m. After attempting CPR, paramedics took Smith to Metropolitan Hospital, where he was pronounced dead.

METRO/JT

In the news

**Woman held in stabbing**

A 22-year-old woman was held on bail over the weekend after she was charged with stabbing her boyfriend inside their Lower Manhattan apartment Friday. Yekaterina Pusepa sobbed in court as she was arraigned Saturday. Pusepa was arrested after police found her covered in blood; her boyfriend survived the attack.

METRO/CB

Silicon Alley booming

► Information technology jobs increased 30 percent in New York City in past five years ► Tech startups explode between Union Square and Madison Square

They work together, play ping-pong together and meet at the same coffee shops to brainstorm on what will make the next great Internet startup.

Welcome to the heart of New York's Silicon Alley. Many of the city's Web designers, software engineers and startup founders work off two stretches along Broadway and Fifth Avenue, between Union Square and Madison Square Park, a new report out last week found. That same report showed New York is giving the West Coast's Silicon Valley a run for its money, emerging a national leader in cranking out Web startups.

Calling the city "the nation's second-leading hub for technology companies," the Center for an Urban Future report shows that New York is dwarfing other cities with its rapidly expanding startup sector.

According to the report, the number of information technology jobs in New York has increased 28 percent in the last five years, from 41,100 to 52,900.

The report estimates there have been 1,000 startups created here in that same time, with many of them hunkered within a few blocks of each other. About 40 startups, from Shelby.tv to Tumblr, have offices around Union Square and the Flatiron District.

Jonathan Bowles, director of the Center for an Urban Fu-



JEREMY SPARIG/METRO

400+

Part of the glomming together includes shared work spaces where startups with small staffs can save on rent by paying

for just a few cubicles, to share space with other new firms. Co-working spaces have housed more than 400 startups and most have long waiting lists, according to the report.

Tech toys

And you thought having a free coffee machine was a perk. Here are some of the things found in the offices of the city's tech startups:

- Turf instead of a rug
- Drum sets
- Guitars
- Showers
- Couches
- Pingpong table
- Cotton candy machine
- Foosball

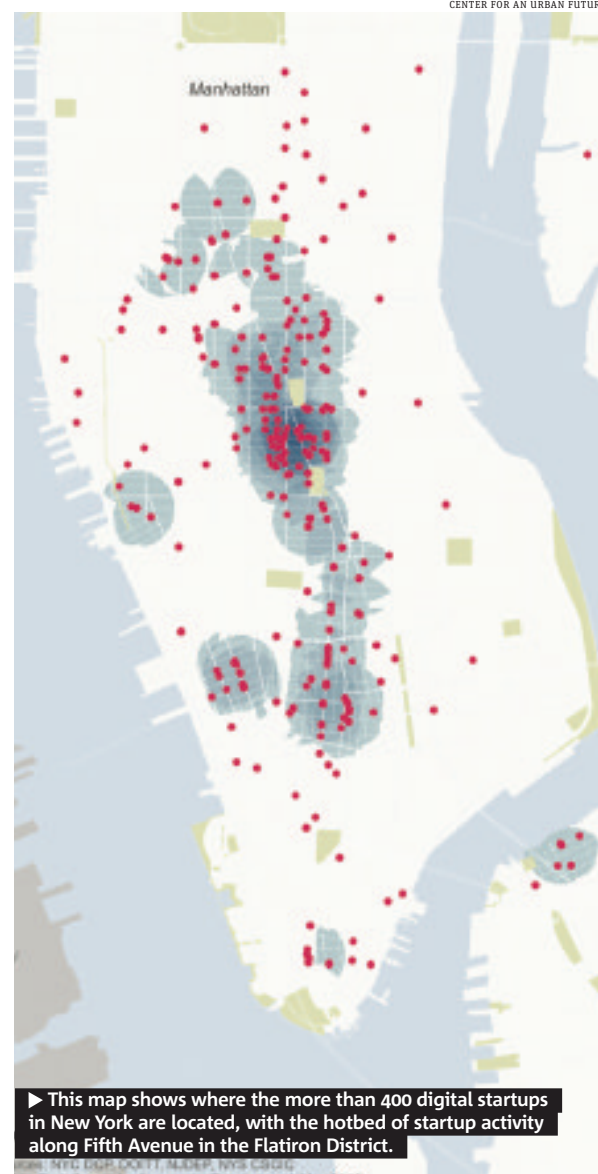
ture, which released the report, said eight different companies are located at 902 Broadway alone, between 20th and 21st streets.

"That address is right smack in the middle of the area where we are seeing the greatest concentration of startup activity — between Union Square and Flatiron," he said.

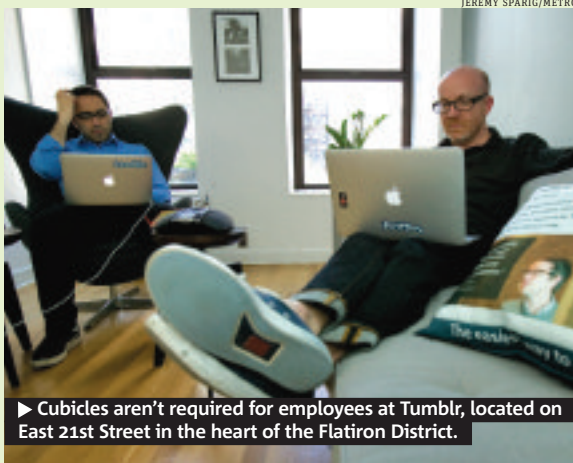
Because their offices are located so close together, employees have coffee meetings at the same cafes — Grey Dog is a favorite — and see each other while in line for lunch at Shake Shack. "We all kind of cluster together," said Reece Pacheco, 29, founder of Shelby.tv, a video-sharing site with offices at 23rd Street and Park Avenue. "I'm just constantly running into people when I'm going out for lunch."



ALISON BOWEN
alison.bowen@metro.us



CENTER FOR AN URBAN FUTURE



JEREMY SPARIG/METRO

► Cubicles aren't required for employees at Tumblr, located on East 21st Street in the heart of the Flatiron District.

Choosing to be close

NEW YORK. Pacheco said he intentionally wanted Shelby.tv to be headquartered near other tech startups.

"I think there's a natural tendency to want to be in the same area and make it easier to get to meetings and make it easier to meet up with friends at other companies," he told Metro.

While searching for office space, they looked south of 23rd Street, he said.

"We want to be 23rd and

"We want to be near places where we have coffee meetings." PACHECO

below," he said. "We want to be near places where we have coffee meetings."

This leads to a lot of run-ins with other techies. "Shake Shack is a staple of the New York tech community for sure," he said.

In his building, five other startups also operate — and those are just the ones where he knows people, he said.

Their office includes a

pingpong table, drum set, guitars and a shower, which is helpful for Pacheco. He lives at the office for now because he travels so much he doesn't have an apartment.

Jeff Levinson, at Divide, which lets users swap in and out of work and personal profiles on one phone, wanted to be around other startups — and their building at 22nd Street between Fifth and Sixth avenues had good history, he said.

Google bought the startup that previously operated in their office space.

"The space has that good buy-out karma," he said.

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Missing son returns on Mother's Day

Debra Seaton had barely slept since last Thursday, the day her 16-year-old son, Jake, disappeared from their Kips Bay home.

But yesterday morning, on Mother's Day, Seaton's phone rang and she learned that Jake was in good health in the company of New Jersey police officers.

"Any day would have been Mother's Day if he came home," Seaton told Metro. "My gift is my son."

When the boy went missing, the family launched a massive search, asking local TV stations and media outlets to help find Jake. Police stopped him when they found him wandering in Summit, N.J. They asked for his ID, and then called the phone number associated with his home address, reaching his frantic mother.

When she picked him up at 11 a.m. yesterday, her son didn't say anything at first. "We just hugged for about



▶ Jake Seaton

twenty minutes and didn't let go," she said.

It is still unclear where he went after he disappeared Thursday afternoon. Seaton, her husband and their three sons celebrated yesterday with a picnic in Central Park.

JEREMY TANNER
letters@metro.us

Overnight shutdowns on B, D, F, M

Starting this evening, the B, D, F and M subway lines will be out of service along the Sixth Avenue corridor overnight.

From 10 p.m. to 5 a.m. this week, trains won't run between 57th Street and West Fourth Street in both directions.

The disruption is part of the MTA's Fastrack program, in which large segments of subway lines are taken out of service for repairs.

Rider Maria Conde shook her head in dismay at the news. Conde's son commutes from the Bronx to Manhattan at 4 each morning, so he needs to find an alternate way to get to work. "He works in a clothing store; I don't know what he'll do," Conde said. "This is bad." **METRO/JT**

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Exotic dancer killed in Bushwick fire identified

Officials have identified a young transsexual woman who died in a fire that broke out early Saturday in Bushwick.

The FDNY received a call around 4 a.m. reporting flames pouring out of an apartment building at 47 Furman Ave.

After firefighters extinguished the blaze at around 4:15 a.m., they discovered 25-year-old Lorena Escalera unconscious in apartment 3. Paramedics pronounced her dead at the scene.

Escalera, a dancer who goes by the stage name "Lorena Xtravaganza," performed at clubs such as Splash, Peligro and El Morocco.

Escalera's Facebook fan page has photos of her performing in glittering, sexy outfits including an homage to J. Lo, which included a sparkly, sheer outfit mirroring the cat suit Lopez wore on



► Lorena Escalera's burned body was found early Saturday.

New Year's Eve.

Escalera described herself as an honest and humble person living in Brooklyn, but born and raised in Puerto Rico.

According to reports, she also worked as an escort, who advertised her services online.

Fire officials told Metro that the cause of the fatal blaze is still under investigation, but The New York Times reported that the fire has been deemed suspicious. Escalera was last seen bringing two unidentified men into the apartment. ● JEREMY TANNER

Five Performances Only

Double Feature

May 24-27

Susan Stroman pays tribute to the silver screen era and performers such as Fred Astaire and Buster Keaton with a full-length work that, like its title, features two unique stories.



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Drunken driver hits, kills man on sidewalk

SUNNYSIDE. A 24-year-old man was killed at 2:30 a.m. yesterday when a drunken driver swerved off the road and onto the sidewalk, hitting him, in the Sunnyside neighborhood of Queens.

The victim was standing

at the corner of Greenpoint Avenue and 46th Street, on the sidewalk, when a gray 2003 Mercury Grand Marquis travelling westbound on Greenpoint Avenue suddenly barreled up onto the sidewalk.

The driver of the car, Avedis Sayesh, hit the man, and then plowed into multiple parked vehicles nearby, according to police.

The car struck the victim, killing him nearly instantly,

according to police.

Police responding to the 911 call found the man unconscious and unresponsive; he was rushed to Elmhurst Hospital but pronounced dead on arrival.

Sayesh, a 58-year-old Brooklyn resident, was arrested and hit with a slew of charges, including DWI, manslaughter, vehicular manslaughter and criminally negligent homicide.

● METRO/CB

Cops increase use of stop-and-frisk

GOT AN OPINION?
LETTERS@METRO.US

New York police conducted more than 200,000 stop-and-frisk searches in the first three months of this year, a 10 percent increase from the same period last year, even as critics say the practice often is racial profiling.

Mayor Michael Bloomberg and Police Commissioner Ray Kelly have long defended the program as one that saves lives and has helped bring violent crime in the city down to historic lows.

So far this year, almost all of the stops have involved men, while blacks made up more than half of the stops and a third involved Latinos. About 1 in 10 of those stopped were white and 3 percent of the stops were Asian.

Police spokesman Paul

Browne said the demographic breakdown corresponded to crime data.

Nine in 10 stops resulted in no further police action. An arrest was made in 5 percent of the stops, and a summons was issued in another 5 percent of cases, down slightly from 2011, police said. There was a 31 percent jump in the number of illegal firearms confiscated from suspicious individuals, compared to the same period last year.

But the stop-and-frisk program has vocal critics. "It takes a monumental toll on the freedom and dignity of hundreds of thousands of innocent New Yorkers of color every year," said Donna Lieberman, executive director of the NYCLU.

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Murder rate down in 2012

There were 129 murders through Friday in New York this year, representing a drop of more than 20 percent compared to a year ago, police said.

According to Kelly, the fact that crime is down as stop-and-frisk incidents are up is no coincidence.

"If history is a guide, the

vast majority of those lives saved were young men of color. Last year, 96 percent of all shooting victims in New York were black or Hispanic, as were more than 90 percent of murder victims," Kelly said.

The highest number of murders was recorded in 1990, when there were more than 2,200 homicides. Since 2002, the year Bloomberg took office, there have not been more than 600 murders in a single year.

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####FASTRACK

Did Obama offer '08 hush money?

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President Barack Obama tried to "bribe" radical pastor Rev. Jeremiah Wright into silence during the 2008 campaign, according to a report given to the New York Post.

Based on the forthcoming book "The Amateur" by former journalist Edward Klein, the story claims that the fledgling Obama organization offered Wright \$150,000 to keep his mouth shut at the height of the contentious 2008 campaign. "I wish you wouldn't speak," Wright quotes Obama as saying during a private meeting in Chicago. "It's gonna hurt the campaign if you do that."

Excerpted directly from

Klein's book, the exchange gets even more damning:

"Barack said, 'I'm sorry you don't see it the way I do. Do you know what your problem is?' And I said, 'No, what's my problem?' And he said, 'You have to tell the truth.'"

The Klein account paints Obama as a liar, and Wright as an inveterate truth teller, but there's another person in this account who needn't always tell the truth, and that's Klein. The media have described Klein's work as "contrived and stretched," "devoid of credibility," "poorly thought, poorly sourced" and "too good to be true in every particular."

Nor is "The Amateur" Klein's first book about the historic president. His last, called "The Obama Identity: A Novel



► Former journalist Ed Klein (with help from Rev. Jeremiah Wright, pictured) paints a portrait of Obama as a calculating liar — and worse, one who ultimately believes the controversial teachings from which he nearly failed to distance himself in 2008.

Metropolitik



BRAYDEN SIMMS

POLITICAL WORLDLINESS FOR AN IMPOLITE WORLD

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(Or Is It?) [Editor's note: It is], details a conspiracy to prop up the president and claims that Obama: is a Muslim; was born in Kenya; was funded by our enemies; plans to add his face to Mount Rushmore.

Obama's handling of his former pastor always struck us as disingenuous in the name of political expedience, and this incident may yet be worth looking into. But there's reason to take Klein's reporting with more than just a grain of salt.

We've got something else to add to the laundry list of media Klein complaints: "Financially self-interested." Trying to sell books is certainly no crime, but selling fiction as fact definitely blurs the lines.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

"Call me cynical, but I didn't think [President Barack Obama's] views on marriage could get any gayer."

REPUBLICAN SEN. RAND PAUL, SON OF REPUBLICAN CANDIDATE REP. RON PAUL, AT A FRIDAY MEETING OF THE FAITH AND FREEDOM COALITION, A CHRISTIAN CONSERVATIVE FUNDRAISING ORGANIZATION. HERE PAUL EQUATES THE PRESIDENT'S PERSONAL APPROVAL OF SAME-SEX EQUALITY WITH A HATEFUL SCHOOLYARD EPITHET, AS IF ONE MUST BE GAY IN ORDER TO STAND FOR EQUAL RIGHTS.

Secret GOP gay memo

NEW YORK. Bloomberg on Friday published a secret memo from a top Republican pollster on the rapidly changing environment over same-sex equality, urging Republicans to back off the issue, change tactics and move on.

The memo notes the "accelerated rate" of approval on equality, clarifying that this progress "is taking place among all partisan groups." Pollster Jan van Lohuizen encourages right-leaning legislators to adjust and soften their talking points as the tide of history turns.

Does somebody want to tell Sen. Paul?

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Graduation going viral

▶ With fewer students and families participating, schools are taking commencement online ▶ Facebook vs. face to face: Which builds better connections?

DIGITAL VISION

Over the last five years, Florida International University has been attempting to draw more students and families into its commencement ceremonies via the Web. It began with a simple video stream of the main ceremony, overseen by a technical support staff of one: social media coordinator Betsy Soler.

But this year, Soler gave a battalion of IT and marketing students specific instructions to take FIU commencement viral.

Each interdepartmental ceremony was posted on YouTube, but Soler's team's main focus was creating as many free, professional-quality Facebook, Flickr and Twitter-ready images as possible. Every student had the opportunity to pose for as many photos as they wished, and all of the photos featured the FIU logo prominently. With nearly 4,300 students walking, the idea generated an enormous boost to FIU's Facebook presence.

"I wanted to give the graduates something to take home. We offer paid photos, but we wanted to do something free and fun for everybody," says Soler. "Plus, we liked the idea of having something that our



▶ Should commencement be live-streamed?

graduates could connect back to us after they graduate."

Washington and Jefferson College — a small liberal arts school near Pittsburgh — has no intention of making its commencement more Web-friendly. While schools around the country are pulling out all the stops to boost flagging commencement participation, W&J's 100 percent participation rate is holding strong. In 2012, all 320 graduating students donned the cap and gown. The reason is simple: At W&J,

if you don't walk — live and in person — you don't graduate.

"We focus on relationships. We build it right from the beginning, so to be there in person is, to us, a very important part of that," says associate dean James M. Sloat. "We're very intentional about how we bring people into the community, so it's so important to us that they continue that relationship with us right up to the moment they graduate."



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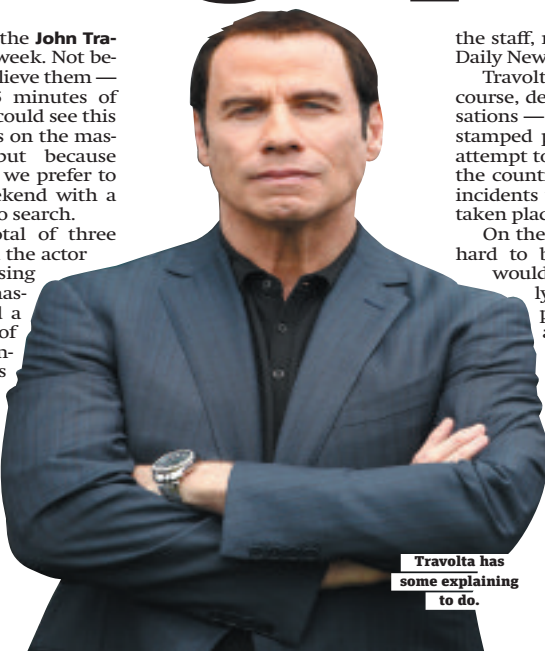


Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](#) monica.weymouth@metro.us

Travolta accusations piling up

We tried to avoid the **John Travolta** rumors last week. Not because we didn't believe them — if you've seen 15 minutes of "Wild Hogs," you could see this guy breaking rules on the massage table — but because they're gross, and we prefer to ease into the weekend with a **Johnny Depp** photo search.

But now, a total of three men have accused the actor of sexually harassing them during massage sessions, and a former employee of the swanky Peninsula Hotel has come forward claiming that Travolta was banned from the spa after a pattern of "inappropriate behavior" with



Travolta has some explaining to do.

the staff, reports the New York Daily News.

Travolta's lawyers are, of course, denying all of the accusations — even providing time-stamped photos to TMZ in an attempt to prove he was across the country when some of the incidents were alleged to have taken place.

On the one hand, we find it hard to believe that Travolta wouldn't quickly and quietly hand over the couple million these guys are asking for if he didn't have the perfect alibi. On the other, we read through the lawsuits, and you can't make up stuff this lonely and pathetic — trust us, we try every day over here.

Did she earn the Uggs yet?

Rosie Pope, star of Bravo's "Pregnant in Heels," gave birth to a baby girl yesterday. "We are all doing well and so in love with her, as are her older brothers and our extended family," Pope tells Life & Style magazine.

Is it just us, or does the Mother's Day timing seem a little too perfect here? Call us cynical, but at least we didn't put a show called "Pregnant in Heels" on air.



Rosie Pope

Forgive us, Johnny Depp!

Johnny Depp has been showing up to red carpets solo lately, but he claims that's not because things are over with longtime girlfriend **Vanessa Paradis**. "The rumors are not true. They are absolutely not true," Depp tells the Sun. "No matter what I say about this, people believe the opposite. I can't say enough about it not being over. There's no truth anymore. It doesn't matter what I say to you right now, it doesn't make any difference."

Just what we needed on Monday — a nihilistic Captain Jack. This week just keeps getting darker.



The feed ...

► Checking in with some of Hollywood's biggest names.

Lady Gaga is finding new sources of inspiration, Mandy Moore is anxious, Dominic Monaghan has parenthood on the brain and Sarah wants a word with a former nerd.

@ladygaga: watched crime documentary last night: woman caught killing rich husband because she used her "reward" card at grocery to buy blood remover. I WANT TO BE HER.

@TheMandyMoore: Trying to remember to relax and take deep breaths today.

@DomsWildThings: Dear future child, ignore me for the most part. I am not an example setter, but we will play so good!!

@SarahKSilverman: Hey super loud motorcycle man. I don't know who hurt u when u were tiny but ur giving me a heart attack

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MONDAY, MAY 14, 2012

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A weekend of the arts, culture and Kid Rock

1: This can't end well: **Ben Stiller** spent Saturday filming scenes for his new flick, "The Secret Life of Walter Mitty," in New York City.

2: **Nicki Minaj** channeled her inner Bondage Barbie for a performance in Carson, Calif., on Saturday night.

3: **Alec Baldwin** received an honorary doctorate — and an ill-timed phone call — on Friday at the Manhattan School Of Music. (It was a joke — this time anyway.)

4: The verdict is in on **Johnny Depp**'s getup for the "Dark Shadows" press conference in Tokyo over the weekend: We're totally buying it.

5: Just in case you managed to forget it, **James Franco** is very intellectual. The actor was at the Museum of Contemporary Art in L.A. on Saturday for the opening of "Rebel," a multimedia exhibit he helped curate.

6: We're not so sure about the sneakers, but **Mariah Carey** and **Nick Cannon** looked lovely in love at the Project Canvas charity event Friday in New York City.

7: **Kid Rock** cleaned up a bit to perform with the The Detroit Symphony Orchestra on Saturday.

1: BOBBY BANK/WIREIMAGE
2: MARK DAVIS/WIREIMAGE
3: SLAVEN VLASIC/GETTY IMAGES
4: JUN SATO/WIREIMAGE
5: FREDERICK M. BROWN/GETTY IMAGES
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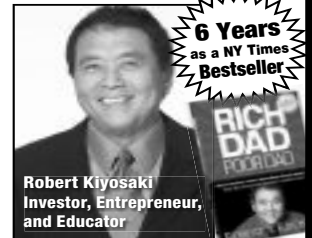
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Robert Kiyosaki will not attend this event.

The Middle Class is Under Attack!

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I believe the current financial crisis is nothing short of the greatest transfer of wealth in history. It will decimate the middle class, and leave only the rich and the poor. The only question you need to ask is, "Which side do you want to be on?"

Knowledge is the New Money

Most people don't believe me when I first tell them this, but it's absolutely true. Money doesn't make you rich. Knowledge makes you rich.

There was a time when my wife, Kim, and I were homeless, sleeping in my car. Then I got financially educated. That knowledge made me rich enough to retire in just a few years. Retirement didn't suit me, however. Instead, I've devoted my life to helping people like you get what I have – FINANCIAL SECURITY. It starts by mastering what I call "The New Rules of Money."

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These new rules are what the financial elites are using to make themselves even richer during this crisis. The good news is YOU can use them, too! You're invited to attend our FREE "Learn to be Rich" Workshop. At this dynamic workshop, my team will explain "The New Rules of Money" in plain, everyday language – starting with the most important... understanding debt.

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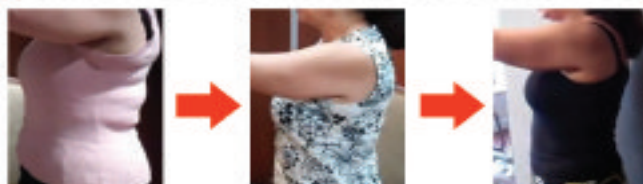


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'Avengers' takes all

Blockbuster action movie "The Avengers," about a team of Marvel superheroes, dominated U.S. and Canadian box office charts for a second straight weekend, ringing up a record \$103.2 million, studio estimates released yesterday showed.

"The Avengers" became the

first film in Hollywood history to top \$100 million of ticket sales in its second weekend. A week ago, the movie from Walt Disney Co.'s Marvel Studios crushed box office records with a \$207.4 million opening.

In second place for the weekend, horror comedy "Dark Shadows" pulled in

\$28.8 million. Romantic comedy "Think Like a Man" finished in third place with ticket sales of \$6.3 million.

Warner Bros., a unit of Time Warner Inc., released "Dark Shadows." "Think Like a Man" was distributed by Sony Corp.'s Sony Pictures studio. **REUTERS**



► Chris Hemsworth as Thor

TV watch list

'How I Met Your Mother'

COMEDY. We finally meet her! Well, Barney's bride, that is. **Season finale, 8 p.m., CBS**

'Smash'

DRAMA. Tom and Julia race to save the show, while a decision Derek makes may leave

Karen and Ivy scrambling to save their careers. **Season finale, 10 p.m., NBC**

'The Bachelorette'

REALITY. Emily Maynard didn't find love on "The Bachelor"; luckily, she gets to dictate the rose ceremonies this time around. **9:31 p.m., ABC**

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Q&A

Howard Stern is ready to judge America

As "Hail to the Chief" boomed over the loudspeakers, Howard Stern took the podium to entertain questions about his new role as a judge on "America's Got Talent," premiering tonight at 8 on NBC.

► **Why he took the job in the first place:** "I didn't need the money, I didn't need more fame. I just love the show, and I thought, 'Wow, how much fun to do it.' I thought it would be good at it. Because I sit at home watching this thing, and I'm doing commentary to the wall. I sit there, I yell — I figure, well, I might as well get paid for it."

► **Why he's a good fit for the show:** "I know what's commercially viable. I started out in my



► Howard Stern is a judge on the new season of "America's Got Talent," premiering tonight at 8 on NBC.

career as a program director and I had to pick music. Imagine this: Some guy trusted me to pick the two records that we added every week in order to somehow predict what America, or at least my audience in that market, would want to hear. So it becomes an intuitive thing. You have to know what real talent is and honesty has to come through. This show is a shortcut; but if you're gonna get on the shortcut, you got a lot of hard work ahead of you. A lot of people think they have talent, a lot of people want to be handed a gift

or an opportunity — it doesn't work that way. You've gotta work hard."

► **Why he won't lose his edge:** "I respect what 'America's Got Talent' is: It is a family show. I've been watching it for years. I don't want to come in there and do 'The Howard Stern Show.' I don't want to interrupt the flow of the show. I only want to make it better."

If I go in there and I'm trying to turn it into 'The Howard Stern Show,' it's not gonna work. People are gonna hate it. I would hate that. I don't think I'm losing my edge because I've always been about honesty — whether on the radio, whether I did a movie, whether I wrote a book — and on 'America's Got Talent' I'm being honest. And as long as you're honest, you don't lose your edge."

► **On his critics:** "You can't complain about a show until you see it. And so I invite them to view the show and see what kind of judge I am. This is a family show. It's a different form of entertainment. I know the rules."

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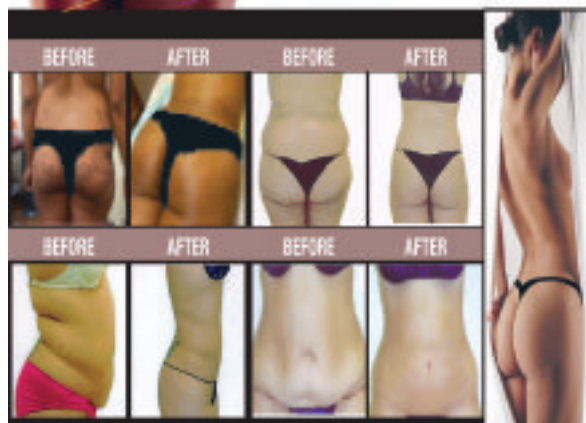
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► Get clear about your intentions — a little outdoor soul-searching might help.

Manifesting more of what you want

We are always manifesting. Each thought we have creates an energy flow within and around our physical being. This energy attracts its likeness. So if you're thinking, "I suck," then your energy kinda, well, sucks — and you attract sucky experiences.

The opposite occurs when you think high-level thoughts like, "I rock!" When you think

Zen in the city



GABRIELLE BERNSTEIN

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and feel "I rock," you exude an energy of confidence and in turn attract great experiences into your life. Each thought you

have informs your energy, and your energy manifests into your experiences. Your thoughts and energy create your reality.

Manifestation has become a buzzword lately. Though it's totally awesome that the Law of Attraction is now trendy, it also can be a bit misleading. If you truly want to use your energetic power to manifest greatness, you must follow these three steps.

Think it, feel it, believe it

Take your clear intention and spend time every day sitting in the feeling of what it is that you desire. You might access the feeling through meditation and visioning exercises, or call on the feeling when you're in nature or doing a form of exercise you love. The more you feel what you desire, the more you believe it is on the way.

Chill!

Though you are clear about what you want, you cannot control the timing or the form in which it comes. Stay calm, relax and allow your manifestation to occur naturally.

— Gabrielle Bernstein is the author of "Spirit Junkie."

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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Yoga pose of the week

Child's pose

It's arguably the most comforting of all yoga poses, one you can enter at any point in your practice. Here, Kristin McGee teaches you how to do it:

1 Recline back to your heels. Separate your knees about as wide as your hips.

2 Exhale and lay your torso down

between your thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.

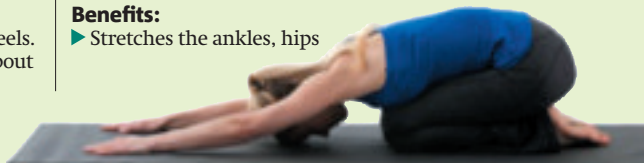
3 Lay your hands on the floor alongside your torso. Release the fronts of your shoulders toward the floor. Hold for 8-10 breaths.

Benefits:

► Stretches the ankles, hips

and thighs
► Relieves back and neck pain

— Kristin McGee is a celebrity yoga & Pilates instructor whose fresh and unique approach to fitness has a loyal following of A-list celebrities, athletes and models. Check out her new app on iTunes, and visit her website at www.kristinmcgee.com.



Wellness guides

Two new mental health helpers

"A Calm Brain: Unlocking Your Natural Relaxation System"
by Gayatri Devi, M.D. (on shelves June 14)

Dr. Devi, a New York neurologist, is not a pill-pusher — she's all about the science within our own brains that can




help us feel better in a time of crisis. She teaches readers that a mellow mind is the result of mellow body.

"The Little Book of Stress Relief"

by David Posen, M.D.

The second edition of this national best-seller is broken down into 52 short chapters, one for each week of the year, though you don't have to follow the book in order. Activities and exercises aim to teach new ways of thinking in order to move past the debilitating stress in your life. ● MEREDITH ENGEL

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Last year, author Jennifer Lewis surveyed 539 food truck owners across the country with a simple question: Are you happy that you're doing this? Ninety-seven percent said they wouldn't want to do anything else. But an almost equal number reported that the business is harder than they had expected. In the last decade, the mobile food business has exploded across the country. Many in the restaurant industry feel that the prolonged recession combined with a growing interest in gourmet foods has created a perfect petri dish for the meals-on-wheels fad.

"There were a lot of folks



► Ninety-seven percent of food truck owners report being happy on the job.

JASON FLORIO

from culinary backgrounds that didn't have the capital to get into restaurants. You also had a lot of folks unemployed, without much hope of getting back into their former careers," explains Lewis, who wrote the 2011 book "Food on Wheels: The Complete Guide to Starting a Food Truck." "On the consumer side, people still wanted access to unique food — but [they] no longer wanted to do \$25 for a plate of whatever."

But has the market become saturated? Perhaps in New York City, which now has more mobile food businesses than available permits. But restaurateur Alan Phillips — who recently authored "The Complete Idiot's Guide to Starting a Food Truck Business" — sees plenty of opportunity in almost any other U.S. city.

"For me, there's no bad

\$25K-\$100K

Estimated seed money required to start a mobile food business. In New York, permits cost \$303 total for two permits, plus required safety course. There are few permits available in NYC. The Wall Street Journal recently reported that black market permits can run as high as \$14,000.

restaurant spaces, there's just bad restaurateurs," he says. "Same with food trucks: If you know what you're doing, you're passionate about what you're doing and you can manage your costs, you should be successful."



BRUCE WALSH
bruce.walsh@metro.us

Advice

CREATAS IMAGES



Why internships don't always lead to jobs

A new study by Millennial Branding and Experience, Inc. shows that only half of employers have hired an intern in the past six months. While 91 percent of employers think that students should participate in an internship before graduation, the majority of companies surveyed haven't hired interns for full-time positions. Here are some other ways young professionals can prepare for the current job market:

► **Work on your soft skills.** Employers value good communication and a positive attitude when hiring for entry-level positions. Jennifer Floren, founder and CEO of Experience, Inc., says that "employers understand that everything else can be taught, so they look for the most promising raw material to work with." Hard skills, such as knowledge of computer programs, can be learned later.

► **Don't rely on social networks.** We found that only 16 percent of employers recruit via social networks such as LinkedIn all or most of the time. They mostly use job boards and employee referrals.

► **Develop entrepreneurship ability.** Nearly one-third of employers are looking for entrepreneurship experience when recruiting. Start a business or a project to show that you think outside of the box. We have to drive our careers and not rely on anyone else.

— Dan Schawbel is the founder of Millennial Branding, a Gen-Y research and management consulting company. Subscribe to his updates at Facebook.com/DanSchawbel.

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Letters

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Severe backlash on gay marriage rights

Last week's heated exchanges on same-sex marriage demonstrate that (a) freedom of speech is not dead yet, and (b) the anti-equality crowd is extraordinarily thin-skinned. David Bowman calls it "repulsive," unanimously gets called on it the next day, and we ended with crocodile tears about Christians "under siege" by gays or unrelated issues in the Middle East.

JOSEPH CONNELL, BROWNSVILLE

At 60 years old, I thought that my kids and family, friends, neighbors, acquaintances and my maker would all find that I carry myself well, behave ethically with honor. But alas, all was for naught! I'm totally uncool! I find the LGBT agenda perverted, the liberal left agenda dangerous to my

country, little children and college grads. Church ideologies and our Christian faith are being trampled by the "99 percent." As a veteran of an elite combat unit, 1 percent was a badge of honor. Now it is a vile sign of success?? Where did I go wrong?

JOHN E. BEVAN, VIA E-MAIL

Does it affect your personal life in any way if two people you don't know get married? The issue is that some Christians try to dictate how others live their lives, even those who don't share their values. If someone else's religion said it was a sin to wear shoes, would you abide by it? No, because that's not your belief system. Live your life as your God teaches you, but please don't concern yourself with the "sins" of others.

ELIZABETH ERLANDSON, VIA E-MAIL

There is one major difference between gay marriage and Christianity. Christianity is legal in every state in the country, and faces no danger of being illegalized. Sure, Mr. Bowman is entitled to his opinion, but while gay men and women are fighting for the right to say "I do," men and women like him are fighting for the right to say "You can't." While I respect his right to express himself, I do not respect his desire to oppress the gay community.

COREY BALBUENA, VIA E-MAIL

Personally, homosexuality feels strange and disgusting. Yet, despite my heterosexual prejudice, and although various religions reserve the right to ban gay activity in their respective congregations, I also know that gay marriage should be civilly legal under a

secular government such as ours: separation of church and state. Zealots, please do your homework concerning Democracy. "One nation under God" refers to the deist God of Thomas Jefferson and Sir Isaac Newton; not Jehovah or Brahma. Laws are therefore to be enacted through reason only.

DANTE G. CELIA, VIA E-MAIL

The only definition of marriage is between a man and a woman; anything else is an knock-off or impersonation of the real thing. Marriage is a religious ordinance that is granted by God, not a government.

JOHN HEMPHILL, VIA E-MAIL

I just can't believe how the media is supporting this gay marriage thing. It is unbelievable! And I am a black female who will not be voting for Obama. Obama has let us down: all Americans. As hard as it may be for me to push a Republican lever, I won't vote for a president who supports same-sex marriage.

NICOLE PEARSALL, VIA E-MAIL

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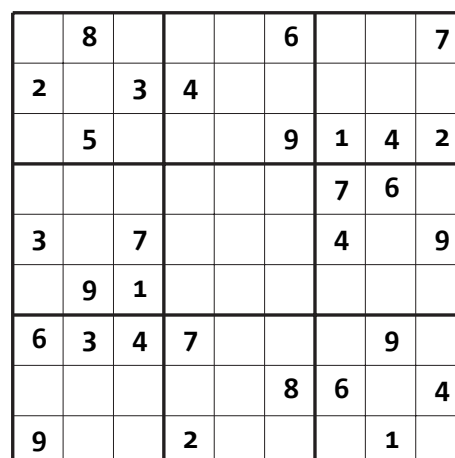
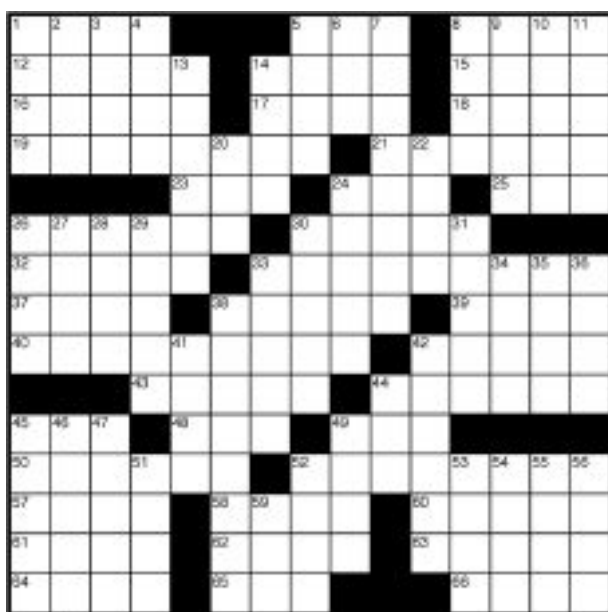
- 1 ET ships
- 5 Playing marble
- 8 Big bankrolls
- 12 Tintype hue
- 14 Luncheonette list
- 15 With, to Henri
- 16 In the least (2 wds.)
- 17 Shaggy animal
- 18 Intertwine
- 19 Came to naught (2 wds.)
- 21 Political unit
- 23 Lawyer's thing
- 24 Pre-schooler
- 25 Wood ash product
- 26 Got the better of
- 30 Eat like a horse
- 32 Trophy
- 33 Musical genre
- 37 "Fancy" singer
- 38 Coat style (hyph.)
- 39 African antelope
- 40 Surly
- 42 "Great blue" bird
- 43 ___ nous
- 44 Cloud or rain ___
- 45 Had for dinner
- 48 Peeve
- 49 Heifer's hello
- 50 Eerie feeling (2 wds.)
- 52 Sitting down hard
- 57 Dregs
- 58 Elvis, to some
- 60 German pistol
- 61 Ruler marking
- 62 "You bet!"
- 63 Luigi's romance
- 64 Eight bits
- 65 Like C-4
- 66 Figurehead's place

Down

- 1 Colorado Springs acad.
- 2 Gala
- 3 October's stone
- 4 Threshold
- 5 Get acquainted
- 6 Once ___ while
- 7 Arab garment
- 8 Mr. Whitman
- 9 Do the trick
- 10 Fake drake
- 11 Vista
- 12 Lord Tennyson
- 14 CEO degs.
- 20 Guided
- 22 They require PINs
- 24 U of UN fame

- 26 Marge and Homer's kid
- 27 Still-life subject
- 28 The "Elephant Boy"
- 29 Vestige
- 30 "Crazy" singer
- 31 Skinflint
- 33 Ring up sales
- 34 Salt or pickle
- 35 Uproars
- 36 Fontanne's husband
- 38 Benefactor
- 41 Prof's place

- 42 Big buildup
- 44 Egg ___ yung
- 45 Improvise (hyph.)
- 46 Itty-bitty
- 47 Bounce
- 49 Marseilles Ms.
- 51 Big name in tennis
- 52 Any ___ in a storm
- 53 Lady's shoe
- 54 Borodin prince
- 55 Claudius' successor
- 56 Snowballed
- 59 Press for payment



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Horoscope

♉ Taurus **April 20-May 20.** Regardless of all the restrictive conditions that seem to be surrounding you, from time to time you'll find a way to break loose and have a little fun.

♊ Gemini **May 21-June 20.** In your own special way, you'll have an air of authority that will enable you to take command of a situation at just the right time without shaking everybody up.

♋ Cancer **June 21-July 22.** Each and every fact can be pertinent, so take ample time to carefully sift through all the available information before making a judgment call.

♌ Leo **July 23-Aug. 22.** When you're required to make a financial or business commitment, proceed cautiously. If you believe you are in need of some answers, ask plenty of questions before moving forward.

♍ Virgo **Aug. 23-Sept. 22.** You should take extra pains to be tolerant of those with whom you have dealings. Going the extra mile by showing kindness and understanding will greatly help you build stronger bonds.

♎ Libra **Sept. 23-Oct. 23.** If you have a desire to make a big splash, stick to creative spheres. Projects where you can put your imagination to work should prove to be especially rewarding.

♏ Scorpio **Oct. 24-Nov. 22.** Because of your strong, natural desire to be helpful to everybody, friends who are already fond of you are likely to be even more enamored than usual.

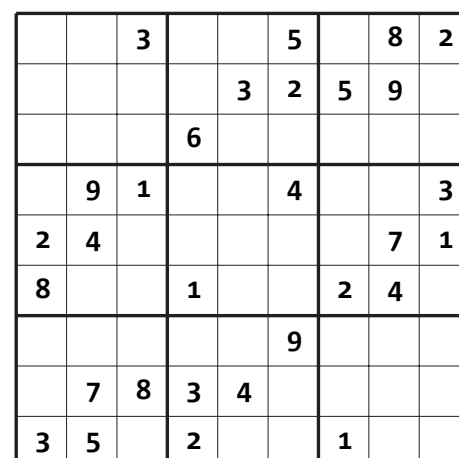
♐ Sagittarius **Nov. 23-Dec. 21.** Any project where you can put your keen imagination into play will prove to be especially rewarding. Focus as much as you can on artistic projects.

♑ Capricorn **Dec. 22-Jan. 19.** Don't be timid about tackling any kind of problem that might confront you. Once you put your mind to it and meet obstacles head-on, you'll find that nothing is too tough for you to handle.

♒ Aquarius **Jan. 20-Feb. 19.** You're not a person who is stingy with your possessions, but if there is something you'd rather not loan out, there is no reason why you shouldn't say no.

♓ Pisces **Feb. 20-March 20.** Certain leadership qualities you possess will be quite evident to others, if and when you choose to use them. Don't take a backseat when everyone is telling you that you're needed up front.

♈ Aries **March 21-April 19.** Don't let any restrictive conditions disturb your blithe spirit. You should be able to find all kinds of fun and exciting activities that will bring out the best in you. **BERNICE BEDE OSOL**



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Famous returns

Andy Pettitte isn't the first athlete to retire and return of course. Metro looks at how a handful of other athletes fared in their returns:

Michael Jordan (NBA)

March 19, 1995
MJ returned to the Bulls after an ill-fated trip to play baseball and got right back to shooting. He struggled, going 7-of-28 for 19 points.

Michael Jordan (... again)

Oct. 30, 2001
The 38-year-old Jordan's return to Charlotte was only slightly better than his first unretirement. He was 7-of-21.

Roger Clemens (MLB)

June 9, 2007
He pseudo-retired the year before, but his return to Yankee Stadium was bigger. He went 6 IP, 3 ER and won.

Ricky Williams (NFL)

Nov. 26, 2007
Williams retired briefly in 2005 and then supposedly for good after failing (another) drug test and missing 2006. He was injured in his return and had just 15 yards.

Return to sender

▶ Seattle cranks two home runs off Pettitte in comeback ▶ Lefty clearly disappointed in performance ▶ Girardi, teammates still impressed though

JIM MCISAAC/GETTY IMAGES

There was no doubt that Andy Pettitte appreciated the moment of stepping onto the Yankee Stadium mound and hearing the standing ovations he received from the fans.

What he didn't like were the mistakes he made during his return from a year-plus retirement. After allowing four runs and seven hits in 6 1/3 innings during Sunday's 6-2 loss to the Mariners his voice tinged with regret about the outcome.

"I appreciate the fans," Pettitte said. "They have been absolutely great to me. I just want to go out there and do my job and help this team. I appreciate it so much. I sometimes feel like you don't give them what they want."

Nobody in the crowd wanted to see him give up a pair of two-run home runs to Justin Smoak and Casper Wells respectively.

The two-run shot by Smoak in the fourth was his first hit allowed after being a ground-ball machine in the first three innings.

"I was throwing the ball around the plate and I tried to throw one in the zone there," Pettitte said. "That's a bad



▶ Pettitte wipes the sweat from his forehead after allowing a homer to Casper Wells in the sixth.

572

It had been 572 days since Andy Pettitte stood on a major league mound — Oct. 18, 2010 in Game 5 vs. Texas.

idea, especially to Smoak right there because that's kind of his nitro zone. It was just a horrible pitch."

While Pettitte was disappointed in the way it unfolded, not everyone on the team felt the same way.

"He looked like he hasn't

missed a beat," manager Joe Girardi said. "It wasn't like he had to reinvent himself because he wasn't coming back from an injury. It just felt normal to see him there."

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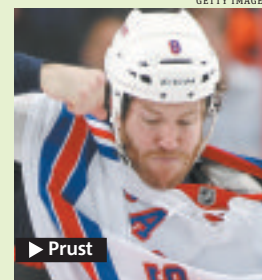
Rivals ready for NHL battle

The hatred that has at times bordered on religious fervor this season was nowhere to be found one day before the Rangers and Devils begin their Eastern Conference finals tilt.

"It should be fun," Brandon Prust said. "Good rivalry, we're ready to go. The blood's still flowing so it's good to get back into it."

The teams split the regular season series with the Rangers finishing 3-2-1, while the Devils went 3-3-0.

"I am excited it's the Rangers. Anybody that coaches or plays wants to play your main rival in this type of situation," Devils coach Peter DeBoer said in his media availability following practice, which he left early due to illness. "So I don't think it gets any better than that. That's the type of environment you



▶ Prust

want to play in. And so I think we're very excited that we'll get an opportunity at the best team in the Eastern Conference. They have the most points, and we're going to throw our best at them and see if it's good enough."

"Obviously the intensity we had this season will carry over, sure. We're two teams that don't like each other," Prust said. "I'm sure it's going to carry over, maybe not with as many fights but you never know what's going to happen."

● **DENIS GORMAN**

GETTY IMAGES

Giants rookie RB Wilson eager to learn

JIM MCISAAC/GETTY IMAGES



► David Wilson was picked No. 32 overall by New York.

The Giants officially began the trek to defend their Super Bowl title this weekend as they indoctrinated their rookie class during minicamp.

Perhaps no rookie was more anxious — or has bigger shoes to fill — than running back and first-round pick David Wilson. The former Virginia Tech star will be the 1A option behind Ahmad Bradshaw, trying to fill the void left by the departed Brandon Jacobs.

"It finally set in that I'm ready to be a part of this team," Wilson said. "The Giants were the Super Bowl champions and the main goal,

Tiger blood

The Giants' second-round pick, LSU receiver Rueben Randle also impressed in his first couple days in blue.



"He looks smooth, [but] he's obviously thinking [too much], like they all are," offensive coordinator Kevin Gilbride said. "So maybe you don't yet see the explosiveness that we expect, [but] we know we'll see it down the road."

as coach Coughlin said, is to get back there again. You just go with the flow, be yourself and try not to run in the wrong direction."

Wilson said he has no problem being Bradshaw's "project," as the veteran back dubbed the rookie after he was drafted.

"I don't know him personally, but I have seen him play and I have heard that comment," Wilson said. "And I'm definitely looking forward to getting with him. I have seen him run [and] he is a physical back. He's been doing it for a while. He is a hard worker and that is somebody you definitely

ly want to stick around."

Wilson was one of the earliest first-round picks to sign a contract (reportedly four years — terms undisclosed — with a \$3 million signing bonus). Head coach Tom Coughlin thinks getting every guy in camp on time can only help expedite the learning process.

"It feels good to get back on the field and outside," said Coughlin. "The first day of a rookie camp is usually difficult to sort out. But the good news is they got on the field, nobody fell down and they're all okay."



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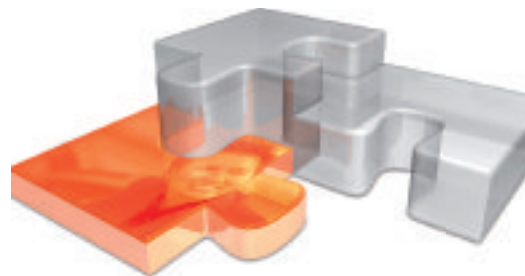
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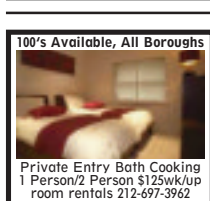
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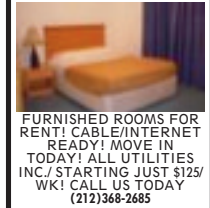
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